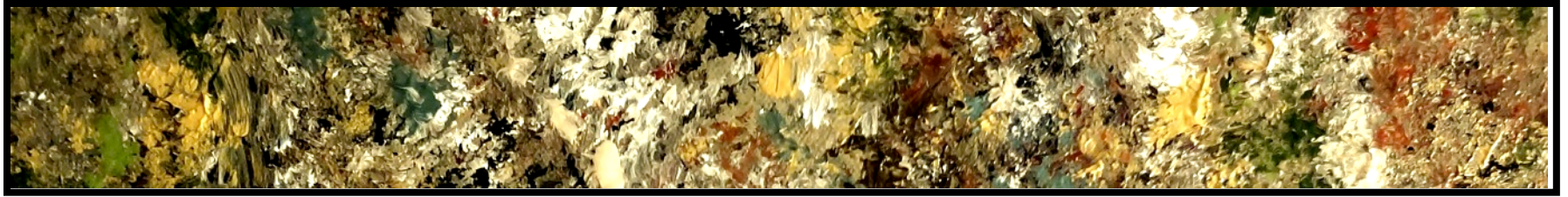




# **5 Essentials for** *Nourishing* the **Creative** **Spirit in You**

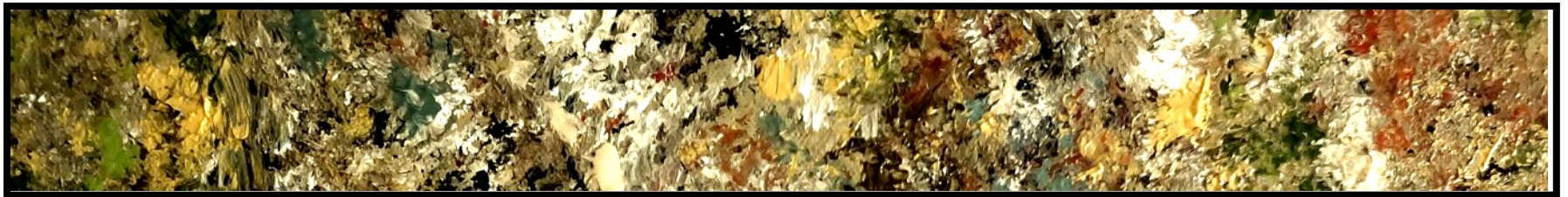
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“Do not ask yourself what the world needs. Ask yourself what makes you come alive, because what the world needs is people who have come alive.”

--Howard Thurman





# Introduction

**Creativity is not just about being able to make things (like music, paintings, etc.). It is about *creating moments*, translating images and thoughts into experiences.**

You can create anything! A mood, meal, garden, your day. Every moment you are alive and breathing, you *are* creating. So the real question is, what *are* you creating?

If you find the answer to this to be a little bit disheartening, do not fear. You can begin creating the life you really want to be living, from any point, on any level, no matter how far off-track you feel. If you are reading this, then you are already on the right track, because it suggests that you already have the desire to get more creative with your life.



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# Introduction



**Joyfully move toward what you want, enjoy the wanting, and live from the now. This is my approach to creativity.**

I have learned a lot about the creative process over the years, and while I still have so much to learn, there are some key practices that I have picked up and benefited from that **I want to share with you.**

These steps will **lay the foundation** for a joyful and meaningful creative journey. They are the tried and true rituals that I live and breathe, or at least aim toward. They keep me sane through the ups and downs of life, and help me **to continually realign to my purpose and my bliss.**

So let's begin!



## **The 5 Essentials**

**For creating space, finding passion & joy, and laying a positive foundation for coming alive in your creativity.**

- **CLARITY**
- **LIGHTENING UP**
- **EVERYDAY MAGIC**
- **CLEARING**
- **EXTREME SELF-CARE**



# Clarity

The first essential is actually a three-part step towards **CLARITY**. Sneaky aren't I? Well the 3 parts are all related. **It's all about your approach to life.**

Instead of reacting to all the things, people or experiences around you (and so, feeling out of control, and even victim-to at times), **what if you decided from this moment forward, to go forth and create what you are looking for or desiring?**

**Dream it.** Feel what it is you truly want. Take time with this one.

**Believe it.** Have faith in yourself and the resources available to you.

**Create it.** Take action toward what you want, in a way that feels good for *you*.

## 1st Essential: Clarity



**“I am the master of  
my fate: I am the  
captain of my soul.”**

**From the poem Invictus, by  
William Earnest Henley**

# Dream it.

## 1st Essential: Clarity

Before we begin the physical creation of anything, there is the thought (desire, inspiration, idea, etc) that preceded it, whether or not we were aware of the thought.

The cool part is that when we direct our thoughts toward what we want, then the physical creation of the things we want is more likely to happen!

I know, **setting our intention and being aware of every thought may feel overwhelming to 'think' about at first, but if you focus on what feels good, then it can be an easier and more joyful process.**

**Let it be easy, and have fun.** This is what life is about! I believe with all my heart that each of us chose to come here to fulfill our unique missions. **What mission did you joyfully agree to before coming into this life?**

The clues lie within the things that bring you joy, that put a spark under your you-know-what, that propel you forward in feeling like you are doing something worthwhile.





# Action steps for dreaming it

## 1st Essential: Clarity

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- **Brainstorm** everything you **love**, everything that is **fun, joyful, interesting, magical, peaceful** or **something new** you'd like to try.
- Who are you? **Journal** about the **kind of person you want to be, or truly are**. What qualities do you admire about others or yourself? How do you already embody these qualities, and what are some ways you could **play** more with them?
- What is your ultimate **intention** for your life? How about just for today, or even (and especially) just ***this moment***?
- Create a **Treasure Map**, a vision board, or collage of things that appeal to you, images of what you want, words or symbols that invoke the qualities you want to feel in yourself. **No rules here, just remember to focus on what you want, not what you don't want. Follow your intuition, think with your heart**, and put whatever images and words/phrases that call to you.

**Pick ONE of these steps, and do it now.**





# Believe it.

## 1st Essential: Clarity

Do you honestly believe that you can be, do or have anything that you want?

Well **YOU CAN.**

Sometimes we get stuck looking back at past failures, and find it hard to believe in a better future. The fact is, **no matter where you've come from, you always have THIS moment to create and Live.**

Anything can be healed, and you are always moving forward. **Create what you want instead of reacting to what you don't want.**

**You write your story.** Write it as if you are describing your life masterpiece. How even in the "flaws" there is great beauty.



**You were born to BE YOU, and just by being you, you are adding to the value of the world.**

**For every fear, problem, obstacle, negative belief or energy block that you may come up with, there is already within you the courage, solution, breakthrough, positive affirmation and release that you seek.**





## Action steps for believing it

## 1st Essential: Clarity

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• **Create a list of positive affirmations**, in present tense, that reflect the REAL true you. Know that the universe and its resources really ARE infinite, and that you have access to your highest good at all times. Put the affirmations on index cards, paint them on your wall, leave them in your car, your purse, the bathroom, on your fridge. **Submerge yourself in positive goodness, saturating your subconscious with a truth that feels good. Soon there will be little room for that “other” stuff. When you experience doubt or fear, having these affirmations on hand is like gold.**

• **Be aware** of what comes up as resistance. The little nagging thoughts that try to butt in with the “yeah, but” and the “you can’t do that” or “that’s selfish!” etc... Ask yourself, “Is it true? Really really true?” and **find evidence of the real truth**. Instead of trying to prove a negative story to someone (giving reasons why you can be, do or have what it is that you want), **try to prove the most positive version of your story. Write it down, like you are describing to a close friend how strangely wonderful your life has become and how everything is falling into place.**

**Pick ONE of these steps, and do it now.**



# Create it!

## 1st Essential: Clarity

So if you are anything like me, you might have a slight tendency to get stuck in your head, overanalyzing, planning, dreaming, etc. All of that is good stuff and very important as I've described in the previous pages. **However, there comes a time when we must step out of our minds, and into our bodies. This is where Inspired Action comes into play!**

Sometimes we simply must stop thinking and just do. Step forward, take action toward your vision, no matter how small. **Quite often, it is the small steps that create the most profound chain reactions!**

You may have heard the saying, "When you pray, move your feet" or "Feel the fear and do it anyway." These both apply here, however there is a fine line between acting in spite of fear, and acting out of fear.

**The trick is to tune in to that sense of excitement, that it feels the right thing to do, even if you are scared.**

**Feel your way to good, and then act.**

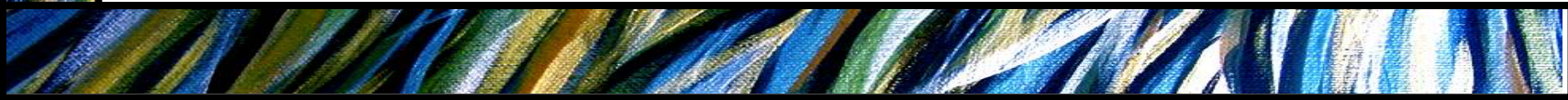




## Action steps for creating it

### 1st Essential: Clarity

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- **Make a list of all the steps that can be taken toward creating your dream, goal, vision, idea, project, etc.** Brainstorm freely, even if some steps will not be feasible or will be done way down the line. Just get it all down on paper. Put a star or circle the top 3 steps that you can do NOW (or soon, as in this week, today, in the next 30 days).
  - **Resources, People, Support. What help do you need to bring your desires and intentions to reality?** List all the possible things you' ll need help with, people who could help (you can be specific or general here, i.e. Aunt Jill, or Housekeeper), what support you' ll need in your project or journey, and the tangible things you' ll need (supplies, money, tickets, outfit, whatever). **Being clear about what you need** is SO important to manifesting it without falling into a state of confusion or overwhelm.
  - **What ONE thing, can you do TODAY that will move you forward in creating what you want?** This is the most crucial step, and you can ask yourself this question every single day.
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# Laugh!

## 2nd Essential: Lighten Up

**Laughing is a MUST for unlocking creativity and feeling alive.** It is SO good for you emotionally, mentally, physically and spiritually. If you don't believe me, Google "scientific research on physical benefits of laughing," or something similar.

All around the world we speak and behave in a variety of ways, but **we ALL know that feeling of satisfaction that comes from a good belly laugh. It is a universal way that we can all share and understand each other's joy.**

Nothing needs to be funny first for you to laugh. Just start laughing and your body will catch on, as it doesn't know the difference between a real and fake laugh. It responds in the same reparative and restorative way. Laughing relieves stress, can give perspective to a situation, "resets" the psyche to function in a higher quality, opens you up to solutions you never imagined, and **best of all, its contagious!**

**The quickest way to lighten up the energy in a room is to SMILE.**




**Joy is just a smile away...**



# Action steps for Laughing and Lightening Up

## 2nd Essential: Lighten Up

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- **Humor goes a long way in shedding some light, laughter, and perspective on almost any situation.** If you are going through some tough times, take a few minutes to try and see the bright side to your challenges. **Take a deep breath, smile,** and trust that you will look back on this moment with a lighter perspective.
  - **Create a Joy List!** Brainstorm all the things that make you laugh, feel good, or that bring relief. Movies, food, jokes, quotes, stories, photos, pets, memories, etc. This goes along with the theme of surrounding yourself with “the good stuff” so that the stuff that brings you down has little hold in your life.
  - **Commit** to doing at least one thing per week (or day, if you’re really on a mission to lighten up in your life) to **nourish your laughing muscles.** A good belly laugh helps to relax the entire body and mind, setting you up for creative success.
  - **Inhale slowly and deeply, and let out an exhaling laugh that gradually pushes all the air out of your rib cage. Feel the muscles relax. Repeat. Do this often. Do it RIGHT NOW.**
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### What is on YOUR Everyday Magic list?

You may or may not already know the extreme importance of daily gratitude and the positive energy shift it can cause in one's life. **I want to make it clear how beneficial it is to make it a habit to recognize the simple things in our everyday lives that bring us any amount of joy.** The things that make it on to my everyday magic lists are (and I do indeed aim for writing down or at least reflecting on this each day):

- the things that I am grateful for
- the little things that made me smile or feel good
- any accomplishments of mine or of people I love
- surprises from the universe
- magical moments
- anything else that I simply feel like adding

**I keep a journal specifically for this and write in it at some point almost everyday. I share with others too, because like laughter, magic is contagious.** If you want to get an idea of what others have on their everyday magic lists, check out <http://myeverydaymagic.com> and go to "Today's Magic."



# Action steps for Everyday Magic

- **Get a notebook or journal and begin writing your magic list for today.** If you are having trouble getting started or had a rough day, think about what possible lesson you've gotten out of today's challenges, including a starting line of "Even though..." and finishing with a positive spin. Start with the easy stuff, like "how blue the sky is today," and soon you're list will begin to grow. Don't worry about whether you've got one thing on your list (some days I call this "The One" magic) or 4 pages full (yes, I've had days like this too!).
- **Go to the website I linked above (and below) and share your magic with others today.** Remember, your magic is just that: *Your* magic. Sharing with others is extremely beneficial, as it reinforces your awareness of your own magic, while opening you up to other perspectives of everyday magic, gratitude, and appreciation.

**When you set your default mindset to being open to the magic, blessings and simple joy in each day, each moment... you open up a whole world of miracles.**

<http://myeverydaymagic.com>





# Cleaning & Clearing

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## 4th Essential: Clearing Space

**Simplicity is freedom.**

To get energy flowing, it needs momentum, a force. **If you are in a rut, are low on energy (force), or want to prevent any future drains, I recommend “Cleaning” and “Clearing.”**

Space clearing must be continual. **As long as we are alive and attracting things, we must also clear ourselves of stuff that does not uplift or serve us.** This can be physical clutter, emotional clutter and negative thought patterns, or it can be environmental/social clutter (like obligations, busy-ness, chores).

**How can you clear some space in your life? What do you value, and what is your authentic version of quality?**

Clearing old or stuck energy (of any kind) frees up space for your creativity to flow. Clearing things out can bring stuff to the surface, and you must be willing to let go of some things. Trust that the space you’ ll create will be fertile ground where you can “just be.” Be gentle (but firm) with yourself in this process and commit to allowing yourself the freedom of space.

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# Action Steps for Clearing Space

## 4th Essential: Clearing Space



**Be gentle with yourself, and just keep moving. Adopt or borrow a joyful “just take care of it” approach to life, and remember to BREATHE.**

- **Declutter the physical clutter.** Start in one room of your home. One drawer even. Your purse. Make a list of every room/section of your home. Commit to 3 sessions (1hr max) of clearing time a week. Mix it up and make it doable. **The goal is relief. A sense of continual completion.** If you’ve got a lot of clutter, it will take some time to get through the “big stuff” and eventually you will move into more of a “maintenance” level of continual clearing. Also consider investing in help.

- **What else is draining your energy?** Unresolved relationships, business affairs, negative energy, miscommunications, addictions, complaints, etc. All the things in our life that don’t feel good to us, are just trying to show us our preferences and values. Make a commitment to resolving at least one energy drain a week, or at least being aware as soon as things come up.

- **Mind Clutter.** All those obligations and to-dos, write them down. Put it all on paper, out of your head. Put a star next to the ones that are immediate. Create a plan for moving through the list gradually. **Let go of anything nonessential.**

# Practicing Extreme Self-Care

## 5th Essential: Extreme Self-Care



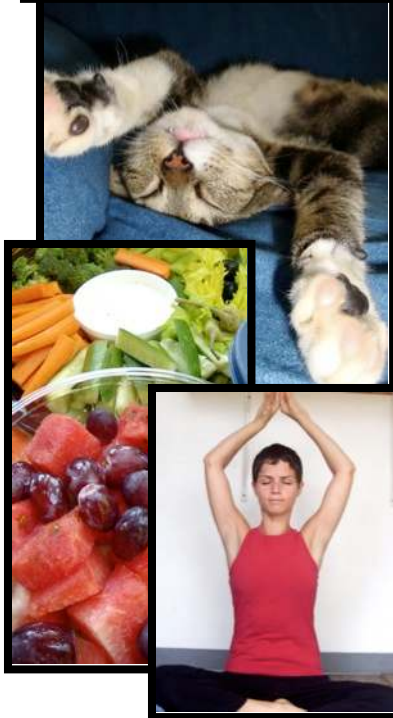
**Let me just say that this step alone has changed my life big time.** If you find yourself feeling resentful, overwhelmed, burnt out or down with a case of the “blahs,” you are probably long overdue in the self-care department. **The keys to self-care are:**

- Time to do what *you* enjoy, for the pure enjoyment of it
- Nourishing your mind, body and soul, your way
- Putting aside others’ needs to take care of your own
- Calling in resources & support when you need help
- Embracing *you*, honoring your ‘now’.

**Checking in with You:** It is so important to slow down and assess whether or not your basic needs are being met; such as healthy food, enough water, rest, activity, joy, solitude, community, spiritual nourishment. When you practice extreme self-care, you increase your energy and clarity levels, and are better able to serve those you care about.

**“Self-love, is not so vile a sin as self-neglecting.”**

**~William Shakespeare**



# Action steps for Self-Care

## 5th Essential: Extreme Self-Care

•**Once a week, check in with YOU.** Sit down and reflect on what areas of your life are in need of attention. What do you need RIGHT NOW? What can you do this week to nourish yourself so that you can keep moving forward? Make the time, schedule it and say no to other “obligations” that come up and threaten to push back your replenishment time. You can do your check-in whenever is your preferred time, just do it weekly, or even a quick daily check-in in the morning or at night.

•**Nourish yourself through rituals.** If you do not know where to begin with rituals and activities, I recommend the book *Woman's Comfort Book: A Self-Nurturing Guide to Restoring Balance in Your Life* by Jennifer Louden.

•**Know your balance.** Continually realign to your truth and recommit to loving yourself. When you fall off track, simply realign with compassion.



**If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself.**

~Barbara De Angelis



## Integrating

Now that we've gone over the 5 essentials, **the ultimate essential is knowing that your intention to come alive in your creativity is all you really need.** I have given you my top 5 tools (habits, rituals, practices, concepts) that really help me on a regular basis. It's up to you how much you want to implement them. **Take them and make them yours.** Find your own unique style.

To recap, the **first essential is about clarity. There is a great freedom and lightness in clarity,** it is what most of us seek regularly. Knowing what your truth is and what you really want in your heart is the key to attaining contentment. Especially since what most of us ultimately want is to feel loved, respected, and at peace.

**Lightening your heart with joy, recognizing the everyday magic in your life, and clearing out clutter or negative energy are the tools for opening up to your creativity. Practicing extreme self-care is what will bring you the nourishment and energy to keep you going on your life journey.**





# Remember to Breathe...

You are worth it.

With love,

*Michelle*

<http://CreativeIndeed.net>

